



Self-Esteem

10 Ways to Help Children Like Themselves

1. Reward children. Give praise, recognition or increased responsibility for a job well done. Emphasize the good things they do, not the bad.
2. Take their ideas, emotions and feelings seriously. Don't belittle them by saying, "You'll grow out of it" or "It's not as bad as you think."
3. Define limits and rules clearly, and enforce them consistently. But do allow leeway for your children within these limits.
4. Be a good role model. Let your children know that you feel good about yourself. Also let them see that you too can make mistakes and can learn from them.
5. Have reasonable expectations for your children. Help them to set reachable goals so they can achieve success.
6. Help your children appreciate those with different values, backgrounds and norms. Point out people's strengths.
7. Give your children responsibility. They will feel useful and valued.
8. Show them that what they do is important to you. Talk with them about their activities and interests. Go to their games, parents' day at school, drama presentations, and/or awards ceremonies.
9. Discuss problems without blaming or commenting on a child's character. If children know that there is a problem but don't feel attacked, they are more likely to help look for a solution.
10. Use phrases that build self-esteem, such as "Thank You For Helping" or "That Was An Excellent Idea!" Avoid phrases that hurt: "Why are you so stupid?" or "How many times have I told you?"



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